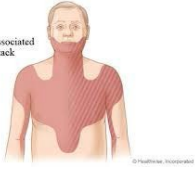


FIRST AID



CPR ALASKA, LLC
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Chest pain associated with heart attack



HEART ATTACK

Symptoms – Chest pain/pressure, shortness of breath, nausea, sweating, possible pain in jaw, neck, arms, shoulders and/or shoulder blades.

Treatment – **Call 911** and monitor the victims breathing.



STROKE

Symptoms – Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.

Treatment – **Call 911** and record the time of the stroke. The faster you call 911 the better chance the person has of regaining lost motor functions.



SHOCK

Symptoms – Skin becomes cool, pale and sweaty. Victim may vomit, feel weak or dizzy.

Treatment – Position the victim on their back. If victim vomits roll on their side and clear airway. **Call 911** and monitor breathing.



SEIZURES/CONVULSIONS

- Clear away all objects that may cause injury.
- Protect the head.
- Do not attempt to restrain the victim or stick anything in their mouth.
- **Call 911** and monitor breathing.



DIABETES

- DO NOT give insulin
- If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.
- **Call 911** and monitor breathing.



ALLERGIC REACTION

Symptoms – Trouble breathing, swelling, rash, loss of consciousness.

Treatment – **Call 911** and monitor the victims breathing, use epinephrine pen, if victim has one available and is unable to use themselves.



BEE STING

- Remove stinger using a credit card or other firm object to scrape the area (DO NOT use tweezers)
- If allergic reaction is suspected, follow allergic reaction steps.



NOSE BLEEDS

- DO NOT tilt the head back.
- Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing blood.
- If blood is spurting or pulsating out of the nose **Call 911**.



HEAD & NECK INJURIES

- Attempt to keep the victim from moving.
- **Call 911** and monitor breathing.



EYE INJURIES

- Bandage around any object sticking out.
- Cover both eyes to prevent the victim from moving them.
- **Call 911**



POISON

- **Call 911**, then call poison control **1-800-222-1222** with as much information about the victim and product as possible (review SDS if available).
- **DO NOT** induce vomiting unless instructed by poison control.



COLD RELATED ILLNESSES

- Get the victim out of cold environment.
- Change any wet clothing with dry ones.
- Apply blankets and seek medical attention.



HEAT EXHAUSTION

- Get the victim away from the heat source.
- Cool victim by applying cool wet cloths.
- Offer the victim water, a sports drink, fruit juice, or milk if the victim is conscious.



HEAT STROKE

- Hot, red, dry skin.
- **Call 911**
- Get the victim away from the heat source.
- Cool the victim by applying cool wet cloths.
- DO NOT give the victim any food or drinks.



DENTAL EMERGENCIES

- Put the tooth in milk, or a sports drink and get the victim to the dentist.

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Dislocation and Fractures:

Only do the following if you have to move the victim **and** if you can do so without hurting them any further. **Never** try to relocate a displaced joint or bone, you could cause more damage if the bone has broken the skin do not splint. Treat for bleeding and **call 911**.



Place something under the injured body part to give it support.



Place bandages above and below the injury. **NEVER** over injured area.



Check the limb for circulation. **DO NOT** tie too tight.



Use another bandage to keep the body part from moving.



Tie off the ends.

Bleeding:

Before handling any wounds, **gloves** and any other appropriate barriers should be used.



Apply direct pressure with a clean sterile dressing.



Bandage the wound with overlapping layers. If the blood soaks through, **DO NOT** remove the bandage; place another layer of dressing on top.



Embedded objects

If something is embedded in the body bandage around the object. **Do not remove the object from the body. Call 911.**

Closed Wounds (Treat with R.I.C.E):



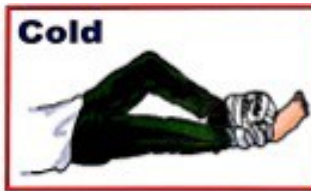
Rest

Rest the injured body part.



Immobilize

Stabilize the injured area in the same position found. Only splint the injured area if the victim must be moved and it doesn't cause more pain.



Cold

Apply an ice pack for only **20 minutes**. Never put ice directly on skin, wrap in a cloth first.



Elevation

Elevate the injured body part above the heart. **DO NOT** elevate the area if it causes more pain.

Burns:

Do Not remove any clothing stuck to a burn.



Rest the injured body part

Stop the burning.



Cool with running water. **DO NOT** apply water to 3rd degree burn. (**NEVER USE BUTTER**) (**NEVER USE ICE**).



- Cover 1st & 2nd degree burns with clean sterile dressing.
- **DO NOT** apply bandages to a 3rd degree burn.